"GENDER WARS" OF THE 21st CENTURY

Misandry as a reaction to misogyny
and the most large-scale oppression in history

Anonymous high school student

ANONYMOUS HIGH SCHOOL STUDENT

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INTRODUCTION

If I am in the middle of a heated discussion with another person - maybe about our different preferences - and that person initiates a physical attack by punching me, I naturally punch them back. This is a very simple scenario in which it is absolutely easy and clear to understand who is in the wrong, and it is reasonable to say that my punch was simply a reaction to the other person's, and that it was a totally justified defense mechanism.

My punch was a reaction to their punch…

Just like *Misandry is a reaction to Misogyny and its consequences.*

And here, now, we are diving into an apparently far more complex and even controversial topic that can't be easily and immediately evaluated like the scenario I described as an example earlier. This complexity most likely results from the fact that phenomenons like misandry or misogyny - both aversions towards one of the two sexes - involve entire parts of a population, formed by a great number of individuals with different ideas and opinions about these.

But if we expand our perspective and try to look at the full picture, we can actually realize that misogyny and misandry are not that different from the two punches of the scenario. Misogyny is the first punch: a strong, enduring one. We could actually say it is a whole set of countless punches, instead of

just one. The one delivering those punches is the patriarchy, a social system made by and usually supported by the male sex. Therefore, we can basically consider men - generally speaking - as the ones punching the receiving end: women. Women, in general, can be seen as *me* from that earlier scenario, having to face an attack they did not deserve, an attack without any good reason. As a consequence, women have the right to defend themselves, and punching back with the same intensity would honestly be a reasonable reaction. That is basically misandry: the reaction itself.

However, it is important to point out the fact that the "punch" given back - misandry - is a lot less harmful that the attacks given first by men - misogyny and its consequences: if we look at the situation abandoning the punch scenario and being realistic, we can notice how misogyny - and the patriarchy - has persisted for a far longer time and has harmed, caged, oppressed women with violence and unfairness, and it still does now; on the other hand, misandry has not harmed anyone. No man has lost his rights by law just for being a man. No man has been legally forced into a marriage like it happens to so many poor girls and women in countries such as Afghanistan. No man has had to fight for his right to vote or have his own money just for being born with two testicles and a penis.*

**yes, men had to fight for their right to vote and other ones as well, but it was not because of a sex based oppression, it was a general one regarding every single individual of certain social classes, not just the male ones. It was not a fight for the rights of their sex, but for a basic human right - that was then only given to men at first and women had to fight to obtain it, this time really fighting against sex based oppression.*

Many people, especially men, like to paint misandry as a

stupid trend that has spread among girls and women mainly across social media platforms, but that is not the case. While it might be currently a popular topic on the internet, it stems from fair reasons. If someone punches me, they must except at least a small reaction, no?

As I have already made clear, misogyny came first. More than thousands and thousands of years ago… Actually, it is not even something possible to date precisely. Somewhere in ancient times, men decided that the lack of pure muscle power of women meant they were weaker, because size and brawn - typically better in men - are usually, in an untrained state, the ones that generally win during a fast, physical face to face fight against flexibility and endurance - typically better in women. Women also had, and have still, other biological differences: the complications related to pregnancy, childbirth and periods. Instead of acknowledging, like compassionate and rational beings would do, the differences that make both sexes valuable and cooperating properly, ***men*** decided that the immediate, apparent physical advantage meant that they were better and stronger.

That probably led to our long, far, male ancestors mistreating and oppressing the female ones, because that was - and still is - in their nature: to dominate, control and violently lead situations to end up in the way they want them to. I have a very cynical view of human male individuals and I have plenty of reasons to do so, starting from the fact that *if men were not naturally dominance-thirsty, no such insanely large scale oppression would have happened*. And yet, it did. And it did not only happen once. It started, went on, has been going on and will probably keep going on for many, many years in basically every corner of

the world. That oppression became a system, a carefully built cage.

Many people actually suggest that the agricultural revolution and the birth of the concept of private property definitely gave a stronger start to this disgusting oppression. It is a theory still supported today, and it was mentioned by Marx and Engels, and it honestly makes a lot of sense.

Men did not see women as strong, intelligent, equal but different beings capable of many incredible things, men saw convenience only. A female body. Capable of bearing children. Capable of enduring 9 months of childbirth, to give birth and give the man, who does basically nothing to contribute, an heir, a lineage. Offspring to pass down the private property to.

Men naturally tend to be evil. Call me a pessimist, call me an extremist or a sexist, I do not care. This is what I believe.

Thousands of years have passed, whole historical periods filled with countless excuses to step on women, to make their world a living hell, a cage of any type: wooden and rotten for peasants, golden but tight for noblewomen. And I feel an uncontrollable amount of rage fill my chest when someone says that it is rooted in "society", and not in "male nature", and that men should not be generally hated for it.

Who created that society?

Who accepted that society?

Who followed the norms of that society?

Who still does so?

Men.

And we, as human beings, posses agency. The capability to

think and choose what to do, what to believe, based on our own moral code build by our own selves and go against society if it does not align with it. Men have deliberately used their free will to choose what has always satisfied them the most: dominance over women.

I have seen some misogynistic men try to excuse the large scale oppression claiming that it is "natural" due to the fact that the majority of societies adopted it throughout history, but that is 100% not the case. Men are disgusting, evil, somehow born with an intense hunger for power and dominance instead of understanding and healthy cohabitation - and that goes far beyond instinct, probably due to the "higher" intelligence that human beings posses, which makes them also capable of finding pleasure in hurting other people even if it does not contribute to their own survival: there is nothing natural nor right about the subjection of one of the two sexes - it just stems from the almost natural moral inferiority of human male individuals, but the oppression itself is man-made.

And after all of those hardships, inequality and abuse women have faced and are still facing now, in many countries… Misandry has also started to spread among us: aversion towards the male sex. The opposite of Misogyny.

Not a hatred born from convenience or the thirst and hunger for dominance and control, not a hatred born from evil and irrational souls. A hatred born as a *reaction*.

Not something wanting to promote active oppression or a catastrophic abuse of the male sex, and definitely not despising every single male individual one by one. But a rational and deep hatred towards what men generally are, have been and

will probably always be as a system. The acknowledgment of the fact that men are just naturally built in a certain, negative, way.

Not all men.
But most of them.
Not all men.
But almost always a man.

When we talk about how truly terrible men are, we are not *only* talking about the abusers, pure misogynists, rapers, killers, kidnappers, stalkers, etc - although we do, of course, consider these a lot too, given the fact that more than 90% of crimes or violence cases of any type have men as perpetrators. The whole problem is a lot more complex: there are also men who condone such behaviors despite not actually doing them, there are men who normalize them even without condoning them, men who joke about them, men who laugh at jokes about them, men who stay silent and do nothing, etc…

Misogyny is a disgusting disease: a form of hatred with terrible, inhumane consequences, while misandry is a form of hatred that stems from reasons and does not even try to bring such kinds of consequences towards men. So I am repeating this again: misandry is a justified reaction.

1

WOMEN OF HISTORY

"How have women contributed to society and history?"

Myron Gaines, a podcaster who goes around college campuses and debating people while supporting misogyny and "male supremacy" - and also giving "dating advice" while being single - has asked this question once, in one of his debates against a woman, with that classic "oh, I won" tone, without even realizing that it is one of those questions and sentences that really make you realize how uneducated, ignorant, narrow minded and stupid a human being can be.

The woman tried to respond, but was not strong enough in my opinion. She talked about Rosalind Franklin, who is an excellent example, but worded it wrongly and did not seem to have a huge amount of knowledge on the topic. Therefore, the fucker - also wording the concepts terribly and getting them wrong despite having his phone with Google opened in front of his own eyes, without an ounce of education - told her that the DNA structure was discovered by Watson and Crick, two men - he actually used the word "invented" which is deeply and

conceptually wrong. He thought he won the debate, and many people also claimed that he did.

Now, how do we answer the obvious question at the start of this chapter? Well, in order to do so we need to have an at least a basic understanding of history and society. We do not need to be experts: we just need to engage our brain cells a little bit and connect the dots. We just need to look at history not as a set of dates and facts to merely memorize like a parrot, but as a system to understand and see all of those dynamics and connections with our society: just like it is wrong to just memorize a mathematical formula but it is important to truly understand it in order to properly use it.

* * *

The first thing that needs to be said in order to answer the question at the beginning of our chapter is that ***women have always been oppressed and mistreated****. Picture them as birds in cages, often even abused.*

Let's start with some examples first, examples of how women have been particularly targeted and hurt for being "too good", or simply just caged and denied any opportunity to be good in the first place:

- During the middle ages, 1500s, 1600s and even in the 1700s, in Europe, countless women were accused of being "witches" and executed with atrocious methods such as burning them alive. The poor women who

would constantly get accused of such things were mostly independent, unmarried and childless women, often very educated and operating as midwives or healers with the usage of herbs and other natural methods. In order to connect the dots even better, I would like to point out the fact that, throughout history, the Church has often been corrupted, along with the clergy, and has used religion to manipulate and control huge masses of common people - convincing them - without even truly believing in the religion itself. This could mean that the whole witch-hunt that happened between the 1400s and the 1700s was not led by the Church due to real beliefs and fear, but it was just another way to control and oppress. Not in the name of religion - not at all - but in the name of dominance.

- By the start of the Victorian age, men had started building new effective ways to oppress women who chose not to be the submissive, silent and passive brides and daughters the patriarchy wanted: the insane asylums.
  Women who were very smart, educated, opinionated and competent would often be caged in those facilities, labeled as mentally ill and hysterical. Basically, the suppression of the female sex disguised as healthcare.
  It is also interesting to note the fact that the word HYSTERIA itself comes from the Greek *hystera*, meaning uterus: a woman not being submissive, but being independent and educated or smart, or giving her own opinions in different matters without always agreeing with the male members of the family was considered crazy, and that condition was attributed to her sex (her reproductive organs). Not only in the Victorian era, no. Even before.

- Let's not only talk about Europe, though, let's take a look at another part of the world as well: an example is Japan. *Ie* () is a Japanese term which translates to "household". It was basically the standard family structure consisting of an insanely huge gap between the two sexes. Deeply patriarchal and placing full power into the hands of one single male head of the family. Property was passed down through male heirs and marriages were conventional and arranged. The woman's place was decided to be at home, caring for the children and doing housework. It was unthinkable for a woman to actually step out and try to make great achievements independently. This structure was LEGALIZED - something that makes me feel honestly sick - and integrated into the Meiji Civil Code of 1898, and later fortunately abolished in 1947 after the second World War. Not even a century ago. Let that sink in.
  Japan, despite being seen as an insanely developed, heavenly country by many ideologically blinded people, still faces gender imbalances in many contexts: for example, families are still required to name a head of the household each, and 98% of the chosen ones are men.

These are only three of countless different examples that could be made.

Let's also take a moment to remind ourselves how any type of religion has constantly been used to manipulate and control masses of people, and the main victims of them have always been women. Christianity - mentioned earlier in the witches example - Islam, Hinduism, etc… Have always been excuses to

mistreat and abuse women, crushing them with cruel standards and rules, even making some believe that was right. The concept of modesty, purity, submission that were forced on the female sex often had religions as justifications.

The ones I have talked about are just a few examples out of countless ones ranging from more direct forms of oppression to more subtle ones. All of those terrible hardships women have faced throughout history have been accompanied by other, deep social problems such as weighted expectations even without direct constriction, stereotypes leading to the underestimating and dismissal of intelligent and capable women, the neglect of many achievements made by female individuals and their need to do five times better than the men around them to get half the recognition.

On top of that, those problems still persist today in many countries. In the 21st century, the World Bank's *Women, Business and the Law* report shows us how *only 14 countries have achieved full legal equality between the two sexes.* 14 among more than 190 countries in this world. And even in those places that are more developed in terms of gender equality, we can still see imbalances when it comes to the reality beyond laws such as stereotypes and how women and men are treated and raised differently from young ages. Think about the toys kids play with these days: household chores related ones for little girls and construction, cars and fight related ones for little boys.
Another important thing to consider is the fact that the biggest achievements in terms of legal equality for women were mostly made during the 1900s. More recent than people usually imagine.

How many times has someone asked themselves, "why did

my grandmother not divorce that man? He does not treat her well" ? Well, their grandmothers most likely were not able to get a divorce at all at the time. Or maybe it was legal, but far more complicated for women… Along with that, many families used to shame their female members for wanting a divorce, and it still happens today in many countries.

I have given you a very superficial insight of what women have gone through and still go through right now in many places of the world; superficial because the real gravity of this oppression is not even properly explainable.

So, my honest answer to M.Gaines' question is: "How do you *expect* women to have done as much as men for society?", because they were not allowed to do so, they were silenced and subjected. A caged bird and one living outside of it both have functional wings and equal potential, but one is free and can fly as much as it wants to, the other is kept confined in a small space, without the possibility to use it's potential.

* * *

However, despite all of those hardships, all of that abuse and mistreatment women have been facing, ***there have been many women who succeeded in making contributions for many different fields,*** *and that only proves how capable women have always been.*

Think about *Elizabeth I*, surely one of the most well-known examples: the Virgin Queen, daughter of Henry VIII and Anne Boleyn, took the throne of England and ruled for 44

years through the Renaissance period (1558-1603), gifting her country a period of political and cultural prosperity. Her misogynistic father must be rolling and whining in his tomb right now! Elizabeth, what a great woman you were.

After the woman who gave England it's Golden Age, we also have the one who gave the same to Russia: Catherine II of Russia - also known as *Catherine the Great*. She led a coup d'etat against her own husband Peter III and took the throne as the empress of Russia. Her reign (1762-1796) is still known as the Russian Enlightenment's Golden Period.

These two are surely the two most famous examples out of many in terms of politics, but now let's take a look at other fields as well: science related ones, for example. Let's focus on these, because STEM related disciplines are the ones men often use to claim that women are inferior and incapable. I mentioned *Rosalind Franklin* at the start of this chapter, remember? Well, she is the reason we know how the DNA molecule looks like: she obtained the first ever images of DNA with a procedure called X-ray crystallography along with her student, and those images were taken and used by Watson and Crick - without permission and without giving any credit to Franklin - to understand and reconstruct the structure of the molecule. Without the image, they would have never been able to do so, and yet, they got the noble prize and the woman who made it possible got nothing, except for insults and provocations by Watson in his work "The Double Helix" - when she was already deceased.

Then, we also have another legend whom we cannot forget to mention: *Ada Lovelace*. How many times have you noticed how programmers are mostly male and how much sexism often lingers in this field? Wait until those same sexist programmers

find out that the first ever program was written by a woman, A.Lovelace. In the 1840s, Charles Babbage designed mechanical, steam-powered calculating machine called the Analytical Engine. Babbage saw his machine purely as a calculator, but Ada saw more in it, and wrote her own notes as commentary for an article published about the Engine. Note G is surely the most important one: Lovelace wrote a detailed, step-by-step plan - known as "algorithm" - for the machine to calculate a complex sequence of numbers known as Bernoulli numbers. It contained elements that are still used in computer programming, such as variables and assignments, loops and conditional branching.

It is also interesting to point out the fact that Ada Lovelace's private tutor, who played a huge role in her education, was also a woman: *Mary Somerville.*

We can't really talk about women in STEM without mentioning the most famous one, right? *Marie Curie*. Along with her husband Pierre Curie, she discovered the elements Polonium and Radium. At first, the Nobel prize was assigned to Pierre only, but he objected and firmly stated that he would take the prize only if his wife got equally involved in it. He later died, and the prize went to Marie: a first one in physics (1903) and a second one in Chemistry (1911). She remains the only person to win Nobel Prizes in two different scientific fields.

It is interesting to know that even one of her two daughters got the Nobel prize in Chemistry: *Irène Joliot-Curie* in 1935 for the discovery of artificial radioactivity along with her husband.

Now, it seems insanely hard and basically impossible to name and explain all the women who have contributed to science, so I am going to name you one more and leave the rest to your own research: let's talk about *Chien-Shiung Wu*, known as the

"First Lady of Physics" or the "Chinese Marie Curie", who was a Chinese-American experimental physicist, expert in beta decay. In 1956, two brilliant male theoretical physicists, Tsung-Dao Lee and Chen-Ning Yang, suspected that a foundational law of physics known as the conservation of parity was completely wrong during certain types of radioactive decay. However, they were theoretical physicists: they managed to form a theory, a possible hypothesis, but they needed a way to prove it through an experiment. Therefore, they reached out to Wu, and asked her to help them. She did, and her experiment proved their theory… but the Nobel prize went to the two men only.

Both the Chien-Shiung Wu and the Rosalind Franklin cases are examples of the Matilda effect: the situation in which a woman's achievement, innovation or success is attributed to one or more men around her. *Trotula* (Trota of Salerno, 12th century) was Italian physician, author of exceptional and essential works which were attributed to male authors after her death, for example.

Some important women are not even taught in schools: some philosophy teachers in high school don't even know about Mary Wollstonecraft calling out Jan Jacques Rousseau, for example, despite it being a very important aspect of philosophy; schools also don't teach us that Socrates was taught by two women - Diotima of Mantinea and Aspasia of Miletus.

The examples I have given are, without a doubt, the most famous ones. And I did this on purpose: because I do not want to convey that you need to be an absolute expert in history and it's women to understand their worth and the unfairness they have been facing, but I want to prove how a simple high

school level education is more than enough, just a little bit of research is needed and nothing more in order to comprehend everything.

Now, let's connect the dots: even if women had not contributed to history, science, or philosophy, it still would not mean they are inferior to men. It would be totally understandable and justified by the huge gap in opportunity, rights, and basic human fairness throughout history: you cannot expect a caged bird to fly like a free one, despite both birds having equally functional wings... And yet, women DID achieve greatness over the years, fighting and facing systems built to crush and silence them. Some birds did manage to get out of that oppressive cage and fly. That proves how insanely capable they are. The fact that the amount of men made achievements is higher is inevitable given the whole situation.

* * *

However, there is a last - but not least - aspect to consider which gets constantly overlooked by many people when it comes to women in history: ***the constant labour*** *done by every woman of the working class during basically every single historical period which made everything we have now possible.*

When we think about contributions, we always tend to picture the inventions and scientific or political breakthroughs done by people throughout history - the famous ones - but it is essential to understand that the labour done by the lower classes is what

made everything truly achievable, and women have always worked as much - if not more - as men. *Therefore, the birds were not only caged but also used within those cages.*

The invention of the steam engine, made by men, was a huge achievement, but it would have meant nothing if it was not for the exploitation of the working class people, forced to work more than 10 hours every day in order to earn enough to feed their families during the Industrial Revolution. That labour was the true engine that made the invention mean something.

Think about the fact that the working classes of any type have always been the majority of the population, and their living conditions were full of hardships and economical issues. Therefore, they had to use as much resources as possible to survive: the "traditional" man working with the women staying at home was actually something only typical of the 1900s, because before that women had always been working to get money as well for the family, although there was a gender based division of tasks.

Think about how many women got exploited during and after the Industrial Revolution that I have mentioned before: a massive number, in dangerous and terrible conditions, paid less than men for the same amount of work.

However, the fact that during the 1900s women began to be confined in the domestic sphere, raised to be housewives without jobs and depend on their husbands, does not mean that we can ignore how their domestic work still played a huge role. By forcing women to absorb the time-consuming domestic burdens, men managed to buy their own historical success with hours basically stolen from wives, daughters, mothers and sisters.

Let's also remember that whenever there was a war calling for the make individuals of the populations, women would stay at home managing and maintaining the household and cities, preventing them from being neglected and ruined. Therefore, women were also essential during wars, unlike how men love to claim: if men fight wars but no one keeps their homes alive, what meaning has that war? None.

Women would also be victims of atrocities and assaults by soldiers during conflict times, never forget that.

We can basically see, without any extreme, degree level knowledge of history, that - unlike how narrow minded, male supremacist, ignorant men like to think and convey - history was written by both sexes. Everything was built with the sweat and work of both. The only difference? *Men had a lot more recognition, freedom, independence and rights, while women did not have any of those things, but were still used for their labor and service.*

Let's consider a heartbreaking example: Albert Einstein and his first wife, Mileva Marić. She was a brilliant woman, who studied physics at the Zurich Polytechnic despite women having no opportunities to do something like this during the early 1900s. It is deemed highly possible that she actively collaborated with Einstein for his papers on relativity. After Mileva gave birth to their children, Einstein forced strict, patriarchal, cruel rules on her, basically silencing and crushing her potential and ruining her career: if she wanted to stay in that house, she had to be a silent, obedient housewife, basically his maid - by cleaning his clothes and preparing his meals without expecting anything in return, *because he needed those things to be done by her so he could focus on his own career*. She could

not leave immediately, and that was the sad reality for many women at the time: they could not properly earn money to survive by themselves, and staying in a marriage was basically a constriction.

All of the examples I have made in this chapter are just blueprints of a huge, deeply rooted system that has always done everything possible to cage and oppress women, who still managed not to be completely crushed, and fought back with force against it. And all of this is merely pure common sense that stems from basic education in history throughout middle and high school. The fact that a grown ass man truly believes that asking what women have done for mankind in a debate is a win really baffles me, and the fact that many other men are currently cheering him on and claiming that he is right baffles me even more. In 2026, we still have misogynistic podcasters spitting out bullshit from their mouths, and that is insane… But also proves my own idea: men are disgusting.

I mentioned in the introduction how if men were not naturally disgusting, evil, and dominance and control thirsty, no such large scale oppression would have happened. Many people, especially the ones who condemn both forms of sexism, that society has always conditioned men and the way they were raised also played a huge role in how they acted towards women throughout history and nowadays as well; however, I would like to disagree. Society can condition and influence up to a certain point, and surely not to a point where oppression and abuse become seen as "tradition", and stand unwavering for so many years, surely not to a point where women get seen as objects, reproductive machines or cattle.

There have been many brilliant and intelligent men, we must acknowledge: men who questioned religion, society and the government in historical periods in which speaking in such way could get them killed - and some of them did meet that fate. That means that those men were clever and innovative enough to understand, despite the social conditioning, that the patriarchy was wrong and that women being treated that way was unethical. And I know that many of them DID know that, they DID understand that and choose not to speak up, not to act against it, DELIBERATELY. Because women being abused, caged and oppressed by the whole system was conventional for them, it was what gave them more dominance and control. And that is, honestly, disgusting.

For example, during the Enlightenment period, many intellectuals started mass questioning the society at the time, basically starting that gradual change that would later result in the end of the Ancièn Regime. One of the most important philosophers at the time was Jan-Jacques Rousseau, who wrote about inequality - how ironic - being the foundation of the society's corruption and negativity in his work "The Social Contract", which was a very powerful opinion for a period in which the gap between social classes was huge. However, despite being so clever, he was still radical and patriarchal when it came to women. In his book *Émile*, he explicitly wrote:

> *"The whole education of women ought to be relative to men. To please them, to be useful to them, to make themselves loved and honored by them... these are the duties of women at all times."*

A man who was raised by women throughout his life, like , like

his aunt, Susanne Rousseau, and various nursemaids who kept him alive. At 16, Rousseau was a broke and homeless runaway who got taken in by Madame de Warens, who educated him and made his career possible.

And despite all that, he still disrespected women.

But someone eventually started calling out these hypocritical intellectuals: *Mary Wollstonecraft - the mother of Mary Shelley, who wrote the very famous novel "Frankenstein"* - who wrote "A Vindication of the Rights of Woman" in 1792, directly referring to these philosophers. She pointed out, in writing, the fact that their ideas about liberty were hypocritical if they kept women caged. So, not only those men were surely capable of understanding how wrong the subjection of women was by themselves, but they even had books written about it, but still deliberately chose to ignore the whole thing… Why? Again, as I have said, because it was convenient to satisfy their ego, their thirst for power and dominance, and because they knew that independent women would be as capable, if not more, as men and would probably not work and tire themselves like maids for them.

Of course, there have been exceptions, very rare ones: my personal favourite is François Poullain de la Barre (1647–1723), considered the first "Cartesian Feminist" because he applied the philosopher René Descartes' rationalism to prove that women were as capable as men: *"the mind has no sex"*. He refused the oppression of women disguised as tradition, and tried his best to promote education for female individuals as long as equal rights and opportunities. He is my favourite because, unlike many other "proto-feminist" male intellectuals such as Plato -

who only wanted equal roles and positions for the higher classes and still had male supremacist tendencies - Poullain did not have downsides in his arguments, he did not have patriarchal remains, and he was basically perfect when it came to women.

This does not prove men are better than how I have described them, absolutely not. Actually, it proves they are even worse: despite these rare male individuals actually speaking the truth and standing up for what is right, the majority of men still refused to condemn the mistreatment of women.

And now that, in some countries, women are finally gaining more rights and opportunities than before and not tolerating the patriarchy anymore, many men are mad about it, saying that "feminism has ruined everything". Oh poor men… feminism and it's consequences has ruined their fun, their possibility to crush women and abuse, control and cage them. Poor them, hm? Like kids who cry because you take a toy away from them… with the only difference being the fact that men like them are actually hazards.

Women still face hardships in the majority of countries nowadays, and I truly hope that, in the future, we will be able to have a world of free, independent women.

2

THE OPPRESSION OF WOMEN IN THE 21ST CENTURY

I genuinely, wholeheartedly believe that certain sentences, when spoken or written, can prove how stupid and insensible an individual is. No, I absolutely do not condone the "you shouldn't judge people based on their opinions, they are entitled to their ideas" mindset because some things need to be understood with critical thinking and empathy altogether, and not everyone has both. Some have none of the two, actually. Liking or disliking pineapple on pizza is an opinion you shouldn't attack or hate on someone for, but when an "opinion" starts touching human rights, equality and other moral values, then it is no longer something to accept.

I am currently referring to the countless men and - it breaks my heart to say this - a few, rare, women, who have the sheer audacity to say things like:

"Feminism is not needed anymore"

"Feminism has gone too far"

Or confuse feminism and misandry by claiming that "modern

feminism is wrong", but I believe that this is not truly what happens in their minds: in 2026, the difference is pretty clear and the appropriate definitions of both feminism and misandry can be found everywhere on the internet or other fully accessible means.

Feminism is nothing more than the *belief that women and men should have the same rights and opportunities, along with equality when it comes to social conditioning* - therefore beyond the law. So, even a person like me - born and raised without any form of oppression, basically living in a position of privilege compared to other women from different parts of this world - can be a feminist: I do not need to fight for my own personal rights, but i believe that the way I am treated and the way I live - equal to my male counterparts - is the right one.

So, honestly, it makes no sense to say that feminism has gone too far or is not needed anymore. What do you mean that the belief of equality has gone too far? Literally, they must be so retarded to say that.

Maybe, they should have worded it differently, like: "feminism *in action* has gone too far", which makes more sense on a language and definition level, but makes absolutely no sense when we look at the facts. Therefore, either way, those people are missing some brain cells. Or probably they are intelligent but simply evil.

Because feminism in action is still needed. It is still essential, because equality between sexes has only reached 14 countries out of almost 200. And that too, equality by law, not beyond. Stereotypes still exist, social conditioning still exists, harassment, catcalling and other forms of disrespect are still widely normalized even in those countries.

Therefore, It is objectively true that the action of feminism has not gone "too far", but actually *not far enough.*

One of the funniest things I have ever seen are men complaining about how they have struggles too, for example in the comments sections of reels about feminism and women's rights. Now, we have never claimed that every single man in this world lives a golden, free life. But what we mean when we say that women have it harder is not that a rich, famous woman has a harder life than a homeless man: we are considering the situations within the same contexts. A homeless woman has more struggles and risks than an equally homeless man, for example. The comparisons are not done across different social classes and countries, but within the same ones. So, yes, women are generally still more oppressed and exposed to disrespect than men.

Let's analyze the women's current condition across the world dividing it in two different parts, so simply that even those anti-feminist retards MIGHT understand: the extreme cases and the ones that are hidden in apparently developed societies.

* * *

THE EXTREMES

In Afghanistan, an animal has more rights than a woman.

A dog can walk freely outside, it can bark and run.

A cat can go outside to get some sunlight, take a walk around town.

A bird can fly without anyone bothering it solely for it being

a bird.

But a woman can't go outside without a man accompanying her.

A woman can't be seen without fabric completely covering her body and face outside.

A woman can't speak or sign outside, not even with other women.

A woman can't have access to education, can't become a doctor but also can't get treated by a male doctor. Therefore, she has no access to health care.

A woman, no, a child gets married off at a young age and has to bear children of a man much older than her, and withstand abuse.

This is the extreme reality of that country. But Afghanistan is one out of many, surely the most terrible example, but not the only one.

Iran, for example, has a law that prohibits women from being seen outside without the hijab. Thankfully, many brave and determined ones have been protesting against it by not wearing the mandatory hijab, let's take a moment to appreciate them. They are truly admirable.

In many countries like Bangladesh, Pakistan, Sudan.. etc, child marriages still happen constantly. Girls who couldn't even have the time to grow up, to open their eyes to the real world, sent off to older men, who don't even feel shame or disgust in impregnating literal children. In countless countries like Yemen, along with the ones I have mentioned, women are still not properly protected by law against domestic violence. This makes us think about how men truly are… How could

someone really do this? If men were not naturally evil and unethical, these things would not happen.

In some countries like India, the "woman in the kitchen" is still too widely normalized, so many households still treat their women as maids more than members of the family. Furthermore, the frequency of gender violence against women is very high and the victims are not properly protected. Still around 30 or more countries do not have any law against marital rape either.

And for the people who like to blame the religion or "lack of development" of those places instead of the individuals, let's now talk about child marriages in the USA.

The USA, considered a developed group of countries, the one white Americans are so proud of… has still not done a lot against child marriages. It is still not illegal in 34 states - in 2026 - for a girl under the age of 18 to be married off. The first state to actually do something about it was Delaware in 2018. 8 years ago. Not 100, not 200. Think about that.

There are still so many problems when it comes to women's rights across the world, and just because we, privileged ones, can live our life to the fullest with education and respect given to us, it doesn't mean we can ignore and dismiss other women suffering and being caged. I will never feel free until every woman is free.

And that is the thing about us women: when the patriarchy stops being able to put us against each other by brainwashing us, we feel connected and compassionate, we reject jealousy and hatred among us.

However, here I would like to make a very important statement:

this book is not going to mainly focus on these extreme cases. Not because they are not important, absolutely not: they are actually the most terrible and urgent situations. However, the brutal, cruel abuse and oppression happening in countries such as Afghanistan should not be a topic of debate: it is, objectively and absolutely, a crime against humanity.

The point is, I am not here to talk about the obvious and prove it with arguments. And if someone does not, by default, agree on this, they are surely not in possession of that lowest amount of compassion that defines a human being as such. I do not consider them people.

What I am here for the most is to talk about the "hidden" virus of misogyny, to which I have decided to dedicate the whole next chapter: all of those manifestations of gender inequality that, while still being honestly obvious, are surely less direct and impactful, therefore often overlooked, ignored or unnoticed by many people.

3

THE (not so) HIDDEN VIRUS

misogyny, a chronic disease of society.

There are a few countries that have apparently reached a good percentage of equality between the two sexes when it comes to the law. However, the law alone does not kill misogyny fully. The law alone can't prevent every single form of unfairness towards women. That is why if you search what country has achieved gender equality, you will first come across a sentence such as "no country in the world has achieved full gender equality", and then a list of 14 countries who have achieved it by law.

There are many different manifestations of inequality and misogyny in many societies, even in the most "developed" ones.

For example, the pay gap is often overlooked, and i had never thought it existed, until i saw the statistics. Across the world, the general pay gap percentage is around 20%, which means that women earn roughly 80% of what men earn - in the same job contexts - across every country. However, numbers may

vary: Europe, according to the European Commission website, has a gender pay gap percentage of 11.1%, which is not a small amount, given the fact that Europe is known to be one of the most advanced places when it comes to gender equality and overall society.

Misogyny is not only about laws and rights. It is also about mindset. About internalized thoughts and beliefs: let's, for example, think about the fact that baby boys grow up with construction toys, car toys, and similar things, while baby girls grow up with kitchen and chores related toys. I don't believe there is the need for an explanation here, right? Y'all are old enough to understand the message. Even the smallest looking things carry heavy traces of patriarchy that end up actually influencing our society in a negative way.

* * *

THE "BOYS WILL BE BOYS" MENTALITY:

We have surely heard about it, although probably also worded differently. But it basically consists in the justification of disrespect, even from the boys' own parents. When a boy catcalls a girl and she rightfully gets mad about it, many people often just tell her not to, that it's no big deal and that boys are just "like that".

Basically, many of those people downgrade the gravity of catcalling and harassment, by saying that it is normal and that such behaviors are nothing more than "compliments". Now… why would you whistle at a girl as if she were a stray dog instead of normally, and respectfully, calling her to have her attention? Basic human decency and respect seem to be valued only when

it benefits men, apparently. The problem is exactly that: the lack of respect. I do not personally feel sad if a man catcalls me, even though it would be perfectly understandable for me to do, but I will still call it out if it happens to me, because no one should just give themselves the right to disrespect me, a total stranger.

When I walk around the city, I don't refer to every stranger as "hey, girl/ hey boy", I don't whistle or make inappropriate comments. I speak formally, because that is what basic human decency requires. Complimenting a woman with a simple "Good evening, I think you look beautiful", with some freaking decency, is not hard.

However, apparently, there seems to be a strong tendency to bad and inappropriate behaviors between boys and men, which further proves how valid my hatred is: teenage boys but honestly even a good amount of grown men appear to feel attracted to immature and disrespectful behavior, because it probably makes them feel more "masculine", since - in their own idiotic minds - masculinity equals to behavioral indecency and a lack of compassion and sensibility. This is something I can observe in my everyday life: as a 17 years old high school student, I see teenage boys every single day, and even though we are not friends at all, I am aware of some of their dynamics and habits: I remember accidentally overhearing them a bit more than a year ago while they discussed and laughed about how many bottles of alcohol they would later steal from a shop (they were still minors, legally not allowed to drink); they feel fascinated - without even trying to hide it - by delinquency and certain unethical behaviors.

An example that comes to my mind is about something that

happened around a month before in my high school, as I am writing this paragraph: we had read a book for a test, that talks about the real story of a man, let's call him The Guy - *I do not want to go into the details and name the author and the real life person the book talks about since I would kind of fall into a gray zone of the law.* Long story short, The Guy was not only a bully, tormenting a poor guy and harassing a poor girl in middle school, but later even became a robber: threatening people, stealing money. He got imprisoned in some of those jails made for minors, he caused trouble there, got transferred a few different times, then after the end of jail/community time, he got released. After getting released, he - accompanied by a friend - ruined a person's face during a quarrel in the street, therefore ended up in jail again. Then, the story tries to tell us that he "changed" thanks to a priest, got graduated and kept living.

Firstly, it was not only one mistake but repeated violations and harmful actions, despite the consequences. Secondly, the book tried to paint the perpetrator as a poor, misunderstood guy who was so broke that he had to rob banks and people to survive, while the biography itself shows us how every penny stolen went to designer jackets and perfumes, a new car and other non-essential things.

On top of that, he cheated on multiple girls. Cherry on top, I guess.

Any person with a good, healthy moral code would surely have doubts. *"he changed, but how? He made the same mistakes over and over again, then changed thanks to a priest? There are not even details explaining how exactly he changed... How am I going to believe that?"*, was the question to ask oneself after reading such story. I did, and understood that this whole narrative was

bullshit. I can understand a homeless person stealing a wallet, maybe getting into a fight for it and then regretting it, but not a full ass delinquent stealing money by threatening people in a bank multiple times and repeating the same mistakes. There is a limit to compassion, and some people do not deserve it.

What was my (mostly) male classmates' reactions?… *"ooh! the best book I have EVER read!", "We should contact The Guy since he does not live far, to come in our school's auditorium to give us a speech!"*. I was not surprised, but surely not pleased. I had been expecting something similar, for sure.

Our teacher agreed - even though I believe it was a wrong decision to make despite acknowledging that she did it with a good purpose behind it, truly believing that the man was truly a changed one who could give us a good example - and they organized a school experience by contacting him.

Red flag number one: he did not take part in the organization and made the teacher contact a representative instead. He, and his representative, decided that the school would pay him 300 euros - plus taxes and transport - for him to come in our school to give us a two hours long speech. 300+ euros? And he was not even the author of the book, just the delinquent it talked about. On top of that, no other person, even researchers and university students, who had come to give us educational experiences had ever demanded such an amount of money. Hell, some of them did it for free!

I honestly do not understand why the teacher and principal were so eager to receive him, but they were. They surely meant well, but were also too desperate and naive, still not understanding that the man was still, and would always remain, a disgusting delinquent.

The day the meeting was held, I was away for an important

matter and was not able to attend. But I heard about how it went both from the teachers and the students who were there in the auditorium:

- He arrived around 30 minutes late (oh, so… he took 300 euros and did not even bother to be on time. The sheer audacity).
- He used an insanely vulgar language while talking.
- He claimed that he did not regret cheating when he was younger because "it is normal to cheat at 16/17". No, dude, I am 17 and I can tell you that cheating at this age is not normal nor ethical.
- He raised his voice at a poor girl who was reading an anonymous question for him.

One teacher was clearly not so pleased, rightfully, about this experience - I agree with her - and she asked the class what they had learnt from it, since it was supposed to be educational for high school students.

One or two girls were also among the ones defending this guy, which makes me feel disgusted, but the majority of his "fans" were boys. They said that it was educational because it "proved that someone could change after carrying out unethical actions and that he seemed really changed". Changed… where, exactly? How? Is not even bothering to watch his tongue inside school grounds a sign that he is no longer a delinquent? I honestly don't think so.

The boys of my class were, and still keep, glazing him and defending him whenever some of us bring up the fact that he was not a good person at all. They defended the vulgar language, sugarcoated the whole meeting, said that the cheating statement

was just a joke - while it still would not be acceptable regardless -, and that it was a great experience to meet him. They were basically supporting and defending him so desperately they almost looked like homosexual admirers, even though they are not.

And it is pretty clear and understandable that they were not doing this because they truly believed he was a good guy, absolutely not. *They knew and still know that he is a delinquent and will always be one. And that is exactly what they love about him.*

Teenage boys, lots of them, love delinquency. And this example is just a manifestation of how much they love it.

Even the songs they listen to proudly have insanely unethical lyrics, talking about violence and drugs.

And of course, many of them also love misogyny, they love catcalling and insulting. Every time a teacher decides to dedicate some time, some minutes out of their classes to educate us about women's rights, or important women throughout history, they tend to start laughing or disturbing the lesson more than before. A very childish manifestation of misogyny, that is what it is.

But now, let's connect the dots for real: girls and boys, in my country and region's case, live in a very similar environment. Same school, same class, same public education. And yet, the majority of boys love disrespect, insensibility and delinquency while the majority of girls are a lot more ethical and mature. If this is not about the two sexes, I don't know what it is about. And do not come at me telling me that "society's expectations of men can influence the boys", because at 17 we have something that I have also mentioned in the previous chapter about history:

free will. We can decide, with our own independent mind, whether to follow or not to follow the expectations of society. Therefore, those boys are either too weak minded to do what is truly right, to go against the majority, or simply immature, evil people who deliberately chose not to do what is ethical. No one is going to convince me that they simply do not understand that what they do is wrong: they understand, but still do it. Some join because they are hungry for the approval of other male peers, which might sound gay but those guys are straight.

* * *

VICTIM BLAMING:

Let's talk about *victim blaming,* which is a widely spread phenomenon, and sometimes even supported by some women - still less women in comparison to men for sure.

Instead of fully holding the attacker - who is most of the times, of course, a man - accountable when any form of gender violence happens, an insanely huge amount of people tend to shift the blame onto the victim.

"what were you wearing?" they ask, when a woman gets harassed, groped or raped. But let me tell you something: they are harming their own selves by asking such questions. They are unknowingly trapping their own selves: claiming that an assault, harassment, groping… etc. is caused by the lack of modesty in clothing is actually very insulting towards *men* rather than women: by not giving them the full responsibility and putting some of it, even a little, on the victim, you are basically implying that a man is an irrational creature that

can't control itself in front of temptation, that can't choose by itself with its own moral code. They do not even realize it by themselves! But people like me, even though I do not really love men, who never even consider what the woman was wearing when she got attacked, are actually giving more value to those men: we are claiming that they have full freedom of choice, a mind of their own, we basically consider them as human beings rather than rabid beasts that cannot help but bite when they see a piece of meat, unlike the people who keep victim-blaming. *Accountability is one of the highest forms of human consideration.*

However, even if they were not considered human beings capable of reason, but actually considering them as irrational, temptation driven beasts, nothing would change the fact that *pieces of fabric or the lack of them should never be used as excuses for the terrible acts* done by those men. Even if a woman walks around naked - no matter how inappropriate - no one has the right to assault her, nor harass her even verbally.

It is also essential to notice how *immodest clothing has never truly been the reason behind most assaults*, let's be real. There are plenty of displays of attires, showing people what victims were wearing when they got sexually assaulted, you can search them up and see with your own eyes. Party dresses and short, sexy clothes? Not even a fourth of them. You can find burqas, long dresses, baby clothes, toddler and newborn attires, even boy clothes - because yes, almost 10% of the victims are boys too. So… How is clothing truly the problem? The answer is simple. It is not the problem: blaming the revealing, attractive outfits of women is just another way to hate on them and shame them, something men love to do in general.

Just to prove it even more, let's also consider another disturb-

ing facts: men have also assaulted and/or sexualized animals, not only human beings.

One day, I saw an instagram reel showing a huge sea mollusk, it had a strange shape that got interpreted as something similar to the female vaginal opening by some male users. I opened the comments just to find 1/3 of them being creepy, inappropriate ones about it. A mollusk. A fucking MOLLUSK.

Victim blaming is often also done in other ways, not only with clothes: when a woman gets abused, some people have the audacity to ask her why she chose the wrong man. How about the man who made her believe that he was the right one before hurting her? How about the gravity of what he did? No one should dare to say anything to the victim. Some even say "she must have provoked him/given him reasons to abuse her" which is an insanely disgusting thing to say, since nothing - aside from physical assault and abuse if it is done before by the person who then later becomes the receiving end - can justify such actions.

* * *

MEN'S FIGHT AGAINST WOMEN AND FEMINISM:

Equality between sexes when it comes to the law, opportunities and social conditioning should be common sense by now. However there are countless men still trying their best to fight against it, and there are a few recurring arguments they use to do so. One is about women's contributions to history, which I have talked about in a very detailed way in the first chapter - WOMEN OF HISTORY.

Let's see a few more, then.

"then, women should also be enlisted in the military as much as men, and they should also do hard jobs like construction"

This argument is usually followed with statistics that show how the majority of countries have a lot more men in the military compared to women, and most of the countries that have the mandatory military service have it for men only excluding a few exceptions, along with the ones about how certain work fields, the physically demanding ones, are mostly male dominated.

Now, let's debunk this argument with two main points:

1. We, as women, will GLADLY take part of the military wherever it is mandatory as much as men, when full equality is reached. Since women are the ones who have been oppressed since the dawn of time, I do not see why we should step in the military first before gaining what we have the natural right to posses as human beings. If any form of inequality is erased from every corner of the world, any form or trace of misogyny - like the ones I have talked about earlier -, even beyond the law, is eliminated, then we will gladly serve in the army as much as men. However, that level of equality will probably never be reached, or at least not anytime soon. Therefore, do not expect us to please you by mass enlisting to make the ratio 50/50. This is about moral fairness.

2. Yes, men do the majority of physically demanding jobs. But women still hold the majority of domestic work and other jobs such as teaching, so what point are those men trying to make? We know that both sexes are biologically different: men have more brawn, women have more flexibility, for example. And why are they pointing out those fields in which men take the

most part instead of the ones in which women lead? If this is not hypocrisy, i have no idea what to call it.

Also, the amount of harassment and sexism directed to women in those fields is insane , and the women who actually work there confirm it. Men want women to do those jobs, but insult the ones who actually do those jobs. Ironic.

Furthermore, *equality is not even about having the same percentage of both sexes in every single job, it is about having the same rights and opportunities.* How is the amount of men working in construction relevant to this? Let me tell you the answer: it is not relevant. It is just an attempt for men to find excuses to oppress women again.

Also, many of the people working in construction and similar jobs don't even want to work there, but end up doing such jobs due to the lack of others. So why do you want a woman to also actively choose such job? Also, if we want to follow their logic (which cannot really be called logic because there is nothing logical about it), I could easily say "then, more men should also stay at home watching the kids and doing chores like many women still do", no? See how easily debunkable such arguments are? Men should use the same effort they put in finding ways to promote the oppression of the female sex in something else.

Sometimes, a few men also use certain statistics about the distribution of workers by sex in particular fields to paint women as "inferior": I have seen men claim that women are not capable enough in certain fields because of the fact that they are male dominated when it comes to quantity, but they forget that the fact that the majority of workers of one field are men has no correlation with how capable or not capable women are. In fact,

there is a research that has been done on surgeons - which you can find the information about in the JAMA surgery website's page dedicated to the study on the surgeons' sex - to evaluate the differences in outcomes between the patients treated by female surgeons and the ones treated by the male surgeons. Of course, all of them being well trained and graduated experts, the differences were not huge or determining, and we can't truly say "women are just better at this" by looking at those numbers. However, that also means that we can't say that one of the two sexes are inferior in that field either.

(*From the* ***Surgeon Sex and Long-Term Postoperative Outcomes Among Patients Undergoing Common Surgeries*** *page of the JAMA surgery website):*

> *In this large population-based cohort study, patients treated by female surgeons had significantly lower long-term (90-day and 1-year) rates of adverse postoperative outcomes than those treated by male surgeons. These data add to the growing literature showing that patients cared for by female physicians (including surgeons) appear to fare better than those being cared for by male physicians. Despite these data, women continue to be marginalized in the workplace in many ways. To provide the best patient care, organizations should support women physicians and learn how they accomplish these improved outcomes.*

"Women are too emotional"

What can I say? This is a classic, and one of the most easily

debunked arguments.

The patriarchy has always, since who knows when, used this excuse to oppress and cage women, silencing them and dismissing them. It was an easy tactic for men to say that women did not deserve any important position and the right to be independent and free because they were too emotional. However, this excuse has always been contradictory and blatantly false: we could start with the fact that emotion does not equal to compassion and tears alone, but also arrogance, anger, violence… etc. It is pretty obvious that the last ones I have mentioned are typical of male individuals.

Men are the ones who smash objects the most out of anger, throwing things or punching walls.

Men are the ones who scream the most when their favourite sports team loses.

Men are the perpetrators of more than 90% of murders, abuse, sexual assaults and other forms of violence - and this is not an invented number, you can search it up and every single trustworthy source will show you similar statistics.

Shredding less tears generally and being mostly less sensible and understanding than women does not make men "less emotional". Women and men are both emotional, as human beings, but there is a huge difference, without generalizing too much, but looking at the majority: men are more prone to act on harmful and destructive impulses and emotions, while women are more controlled when it comes to those, and are more prone to act on harmless emotions instead.

It is important to also underline the word "act on", because none of the two genders can be said to really feel some emotions more than others. I am no expert, but I am aware of the fact that it changes based on the individual. The main differences

between the most parts of the two sexes are on what emotions they decide, with their free will, to follow.

For example, both men and women feel sexual desire, and women do not feel it less than men. But the sheer majority of sexual assaulters are still male individuals, which tells us that they deliberately decide not to control their lust.

All of these considerations about how destructive men's emotions are have always been ignored throughout history, hidden and overlooked on purpose in order to paint them as ideal leaders, while they have constantly been nothing more than irrational, rage follower creatures with a few rare exceptions.

Think about one of the most famous and glorified historical figures: Napoleon Bonaparte, the great emperor of France, a very smart strategist who has been admired by many and reigned for almost 16 years, which is not a huge number. The start of his downfall was the Russian campaign, which he started - even against the advice of some people around him - because he wanted the Tsar to follow the Continental System imposed by Bonaparte himself, that consisted in the prohibition of the European countries to trade with Britain, France's main enemy at the time. A very irrational and arrogant decision: firstly, Russia did not owe him obedience, the huge country and the Tsar were not his possessions and had never been conquered by the France's emperor; secondly, starting the war itself was inconvenient given the power of Russians within their own territories and the severity of the land's winters. An insanely smart strategist blinded by rage and thirst for more power and glory, perhaps.

Men and especially teenage boys have a huge ego as well: many

of them constantly feel the need to downgrade a woman's achievement or find excuses to criticize it without any good reason, especially when the woman is doing better than the man criticizing her. I have seen the 17 to 18 year old teenage boys of my class convince themselves and each other that a teacher gave higher grades to girls on purpose, out of preference, while the truth was simply that we were better.

However, even such examples never failed to be overlooked and sugarcoated by patriarchal men, who still claimed that women were lesser for shredding more tears.

Talking about tears, let's talk about how the lack of these is actually a sign of emotional instability - not strength - when it comes to male individuals. You see, the main reason why the majority of men refuse to cry in front of others is not because they don't feel like crying, but because they want to feel more masculine. Because they are so weak minded that they believe that crying makes them less of a man. This kind of connects us to something I have talked about earlier in this same chapter, in the "The Guy" part: the fact that a huge amount of boys and men genuinely believe that being masculine means being dominant, controlling and sometimes violent, furthermore never allowed to show tears in front of anyone.

You see, male individuals have this *irrational, uncontrolled fear* of becoming less masculine, and that is why they deliberately choose not to cry as much as possible and to show more rage instead. And fear, ladies and males, is an emotion.

Men - those rare ones - who truly have control over their natural human emotions, do not bend to that fear, because they are also aware of the fact that masculinity and femininity are just artificial, patriarchal and wrong distinctions made by men.

This sociological concept of the authoritative, dominant and raging male being the ideal one is defined as ***hegemonic masculinity.***

Many people feel compassion towards those boys and men who are so desperate to be masculine, saying that society has made them that way. But I think that I have already made clear that society, while it can influence, cannot directly change impactful decisions: every human being has the choice - the agency - to either follow those expectations and norms, to follow the fear of what could happen if they broke those standards, otherwise simply to consider those norms as ethical and right, or decide to think with their own mind and choose the morally right and better path.

Attacking the women's right to vote - and rights in general

I have literally also heard some individuals claiming, with the too emotional excuse, that women should not be able to vote: they basically want to take away a human right that our female ancestors had to fight and bleed to gain. American podcasters particularly love to say this, stating that there should only be one vote per family decided by a man.

Let me tell you why by taking Trump as an example: a clearly insufficient man not made to lead a nation, whose name appears countless times in the Epstein files and has shown signs of predatory behavior towards young girls - think about the "The View" interview done in 2006, in which Trump talked about his daughter in this way: *"I've said if Ivanka weren't my daughter, perhaps I'd be dating her. Isn't that terrible? How terrible? Is that terrible?".*

Trump had showed countless manifestations of unethical

behavior before people voted him to be the president, and it was pretty clear that between him and Kamala Harris, she was surely the better option, despite the fact that both had some flaws. At least Kamala warned the people about the fact that Trump would start a war: in fact, he attacked Iran in the 28th February 2026, surely under the lead of Israel, since USA has become the Zionists' personal war dog.

And the majority of Trump supporters are men. Misogynistic men, since Trump is trying his best to bring back the progress done for women: those men hate to know that there are countless women and honestly some healthy minded men out there voting for the other faction, and know that by banning the right to vote for women, since the majority of them are actually against Trump. While most women do not try to keep men away from voting despite the differences in opinions, and just keep it fair, a good amount of men actually try to oppress women. Same problem for the two sexes, different reactions, different proposed solutions: one progressive and ethical, the other destructive and suppressive.

It makes me think of something that has actually happened here in Italy, where I live. Costantino Righi Riva, I believe he is a municipal councilor, literally said that the right to vote for women was the first "attack to the family's sphere".

Let me tell you, carissimo Righi Riva, what actually happened to your so loved family sphere: women fought and bled to gain basic human rights and be able to live independently and earn money for themselves, and decided not to tolerate being caged anymore. They understood how marriages had always been used to oppress, control and sometimes even abuse, so they have decided not to trust men anymore, and they have every

single right to do so. If the male sex was not so disgusting and full of rage and thirst for dominance, women would surely not be so skeptical and dismissive towards building a family, but we also need to consider the fact that countless families still survive and thrive nowadays without the usual "traditional" 1900s structure, which is surely the one our retarded Righi Riva adores.

The right to vote was not an attack to the family sphere: the family sphere collapsed because it was wrong by structure, and because of the male sex's dominance thirsty, destructive and evil nature.

If this huge, large scale, systematic oppression against women had never happened at all, families would happily thrive without problems or idiotic patriarchal structures. But men decided to be the problem.

And this concept seems to be too hard for a lot of male individuals to understand: I have seen countless men complain about how marriages happen less and are not as enduring as the ones of the previous generations. They blame feminism, they blame equality. They do not blame the patriarchal, oppressive system - the cage that kept women mistreated and subjected, constricted in marriages and families - that eventually made women raise up against it. However, I don't even understand why they should blame someone or something for the marriage and childbirth rates going down: what is so triggering about women having the freedom to choose and to be independent? Not very empathetic and ethical, are we?

The suffragettes, women fighting during the 1900s for the right to vote, went through so many hardships: they got forced to eat, withstanding injuries, during hunger strikes in protest, they

got imprisoned, assaulted, some even killed to give us, the girls and women of this generation and later, that important right. They were brave, determined and strong unlike how men like to paint women in their own fantasies. And many male individuals constantly find the audacity to claim that men were the ones who "gave" rights to women, while the truth is: men HAD to recognize those rights because having half of the population against them was not conventional, since women, as I have already explained, were caged but used to keep the system alive with their labour and childbirth.

That is why being against equal rights for both sexes and attacking the women's right to vote is shameful and has always been a shameful thing to do despite it being normalized throughout history, but saying such things in the 21st century is another whole lever of disgusting and dishonorable behavior.

And I would like to call out the few women who say these things, claiming not to be feminists and speaking up against women's rights while using those same rights they hate so much: you are a shameful and disgusting, disrespectful and completely insensible towards the sacrifices those women made in order for you to have the possibility to speak without permission only for you to use that to diminish everything they bled for.

The use of periods to attack women

I am a student in a class of both girls and boys, I get my period every single month, suffer the cramps and weakness, and yet I manage to excel academically. Periods do mess up with my hormones and make me less productive than my usual self but I can still study and even workout - without overdoing it - during those days of the month.

This is not just my own reality, but it is the same for almost

every single woman, except for the extreme cases in which medical conditions such as endometriosis are involved: despite the struggle and the need to be careful during periods, we are usually not totally inactive like mummies during the full length of it for sure. Yes, we are almost unable to do physical activities or hang out for a few days, but a few days take away nothing for our general performance in any field throughout the months.

But men tend to use this as an excuse to paint women as inferior while, as it has already been made clear, it is not a sign of weakness at all. Actually, the fact that we, when granted the same rights and opportunities as men, can perform as good as or even better than them despite having those monthly struggles only proves how strong and capable women are

Another way men use periods to insult the female sex is by downplaying the gravity of the pain it brings us: they say that women are "dramatic" and "too emotional and whining more than necessary" while they don't even have, therefore they don't feel, the menstrual cycle at all. No uterus, no opinion about everything that affects the uterus: this should be common sense. Actually, a period cramps simulator has been made and some people let boys and men try it: I have seen countless videos and reels about it and, most of the times, men showed clear signs of suffering, whining and rolling on the floor while the simulators were only able to make them feel the abdominal pain, not the nausea, weakness, dizziness and other body parts being sore at the same time. Emotional who? Women? oh, please, the irony.

* * *

THE ATTACK AGAINST BODILY AUTONOMY: Abortion

Abortion as a non-negotiable human right is surely a very

debated and "controversial" topic, but we must understand that something being controversial does not mean that it doesn't have a specific answer. Controversial means highly discussed, not having a neat majority agreeing on one answer, but having different opinions, often opposites: it basically regards what people think about it, not the real truth.

And the real, ethical truth is that abortion is a human right - being basically a form of freedom of choice over one's own body - and it shall be recognized as such.

The topic of abortion is another indicator of a person's critical thinking skills, without a doubt: in order to truly understand and see beyond the claims that it is the murder of an innocent human being that stems from irresponsibility, you need to have a certain amount of basic education, emotional intelligence and overall thinking abilities.

No woman, for any reason, should be forced to carry out a pregnancy and give birth to a child she has not planned nor wanted. It is unethical and inhumane, and putting a fetus' existence before the well-being of a breathing, thinking and living woman is also unethical and inhumane.

I will surely publish an essay explaining why abortion is a human right with more details and insight, so check it out.

* * *

"ONLY FANS" AND SEX WORK SHAME

Do I think that any sex related job is bad? Yes, honestly. Of course, I would never want to post certain content or give my body physically to somebody else even for a minute for money, and that is my personal preference.

However, I do not shame women who do it, why? Not because

I support what they do, I do not. But because they are probably either in a situation in which they need to do that or they are simply taking advantage of a deeply rotten system.

You know, when OF women or sex workers get a good amount of money, it is not something you can blame them for: the problem is not the individuals doing that work, but the ones paying money to have their service.

If we are in a system in which those types of activities bring more money than some others, we need to truly look at the real problem affecting this society. And that problem is, generally speaking, the male sex.

A lot of people, especially men, love to shame and insult sex workers, but they often don't even bother to talk about the countless men - some even married with kids - paying money to see/feel those services. And the thing is, those men are the real problem behind this system.

If no man - or at least a much lesser amount of men - was willing to pay or even to search up such jobs, no woman would neither want nor need to do them. Simple.

Think about it very carefully: who is worse?

- A woman who, knowing that it will bring her money to survive and have things she needs or wants, decides to post nude pictures on a paid Only Fans account - therefore doing so for money, which is very important in our society.

- A man who is so desperate to see a bare female body who gives his own money away to see those pictures, basically a pervert. Sometimes even a pedophile, since some men are even a lot older than the women they watch.

Someone sane enough to live in this world by themselves would say that the clients - the men - are worse problems than

the "service" - the women.

When a designer brand puts a very low quality, bad looking piece on the market and some people rush to buy it spending a whole lot of money just to have that… which one is the true problem, the origin, the root behind this system? The people buying that stuff.

* * *

WHEN A MAN DOES IT, IT IS OKAY

When a woman has some hair on her armpits, her legs or arms, she gets often shamed for it. I once saw a video of a gorgeous girl doing a makeup tutorial, and I was fully focused on her face, not even noticing the presence of hair on her armpits until I opened the comments section, filled with countless men - and a few women - insulting her.

But when a man has body hair? It's fine, he is a man, no?

I think that body hair is natural and should not be a way to shame someone: if you want to shave, shave, if you do not, then don't. Simple. However, if you are going to be an idiot and make fun of it or be disgusted by it, at least do it equally for both men and women, damn it.

It is the same with clothing as well: why is a man going around shirtless seen as something alright and not scandalous like a woman wearing nothing more than a bra? Why are women who wear shirts without bras inside shamed? What is so triggering about boobs? Why are they sexualized so much in the first place? They are natural body parts that produce milk for the baby when a woman has children, so why are they supposed

to be hidden? Just like every other body part: women are constantly called immodest and vulgar for short skirts, fitted dresses, etc… but there is absolutely nothing weird about the skin shown by those clothes. Legs, arms, abdomens are not *sexual*, they are *sexualised by men*. Learn the difference.

Think about sex as well: words like slut, bitch and whore are used to describe and insult women who sleep with multiple men in a vulgar and degrading way, but they are not used against men. These are female insults, and there are no male correspondences: even language has misogyny inside.

When a man has slept with multiple women, he is not as shamed and as accused as women are, everyone just closes an eye about it.

This "If a man does it, that is fine" mindset is also used against single women: to my own surprise, I have found out that there are still - in 2026 - men and some women who genuinely believe that female individuals should absolutely get married and have children, saying that without those things, loneliness is our destiny. It is not, actually.

In this patriarchal system, only men have truly benefited from marriages, while they were nothing more than cages for women. Men had the children they wanted thanks to the sacrifices and suffering of women.

Being free of those burdens only means more time for ourselves, for our success and our own dreams. Of course, that does not mean that I want to shame women who are married with kids.. that is their choice. Choice, what an important key word of feminism! many people think that feminism wants women not to get married, but that is not the case. Feminism

gives a CHOICE: as a woman, you must have the right to chose what to do with your own life.

* * *

THE REJECTION OF THE FEMININE

This is something especially intense nowadays more than before, in my opinion: before, a man was not acceptable with feminine clothing and fashion elements, but the same went for women, who were often oppressed for even wearing pants. Now, in many countries, it is normal for us to wear "boysh" clothes, and no one usually attacks us for it; but when a man wears something feminine or does makeup, he is instantly shamed and insulted for it.

Now, you might say: "but then, this is a form of oppression against men, this is not misogyny!", yes it is.

It is misogyny, because it stems from the patriarchal belief according to which men are supposed to fit into a certain standard while women are expected to be conventionally feminine*, and since women are the hated and oppressed ones - the ones deemed weaker and lesser - men get shamed if they do or wear something associated with the female sex by society.

"be a man", they say, as if being like a woman is some kind of crime, some kind of shameful, unacceptable thing.

But this kind of mindset is often applied to girls and women too: when a woman is thirsty for male approval - which is disgusting - she often tries to paint herself as "different" from other women, claiming that she does less of the things that are considered feminine - like makeup.

**Femininity and masculinity are both social constructs, because - if you think about it - clothes are just pieces of fabric, makeup is just something you put on your face to give it different styles, there is no reason to differentiate them by sex, but the patriarchy decided to do so. I also strongly believe that the fact that women used to be forced to wear skirts and not even think about wearing trousers was part of the oppression, since skirts were less functional, harder to fight and do certain jobs in.*

* * *

SOCIAL MEDIA PLATFORMS: THE FIELDS OF MISOGYNY

When someone has unethical and negative thoughts about a person or a group of people, they usually express those insulting thoughts whenever there is some sort of protection from consequences - at least most of the times. When a man is misogynistic, he usually does not openly insult women when there is a high chance of getting punched on the face for it. Therefore he might do it when his friends outnumber the receiving ends or when he is far from the target, and even better if he is protected by a lack of identity.

In the 21st century, the place that offers both the lack of identity and a distance related protection is the internet. No one can punch me on the face for an insulting comment. They might report it and it might get taken down, but it only happens in the extreme cases without any bigger consequence.

I strongly believe that social media platforms are an open door to people's true colors. Those hidden, negative thoughts they don't usually express in front of your face. Of course, many men and boys do also show misogyny in real life, but surely not

with the same intensity as when they are online.

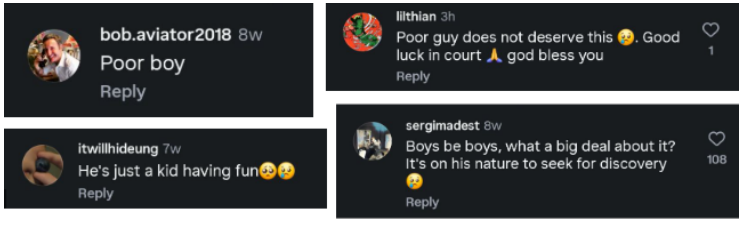
Every time you see a woman's achievements posted online, there are countless men - angry for some reason - trying to diminish it in all ways possible: criticizing the technique of Olympic champions, finding excuses to claim that a woman's win is not deserved, etc.

We can also find the classic misogynistic attacks, especially when a woman decides to call out male behaviors: "back to the kitchen", "women are emotional"… I mean, if that is their sense of humor or what they think makes them a badass, I am concerned for their frontal lobe's development state.

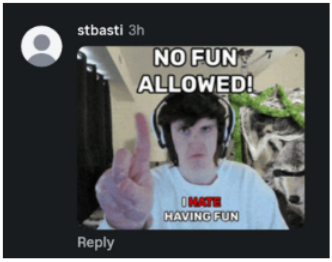
The social network app I personally use the most is Instagram, so I have decided to screenshot some examples of disgusting male behavior, some of which can also be connected to some topics I have talked about so far in this book. And no, I am not going to hide the profile pictures and usernames of those people: if you decide to post such things in public, online, you must have the guts to face the consequences and someone actually calling you out.

* * *

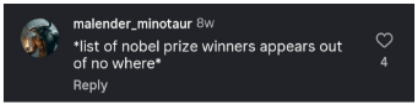
From men attacking feminism (a.k.a equality between sexes) for women not tolerating oppression and the pressure of marriage and motherhood to men claiming that male individuals used to be the protectors (while they were actually the oppressors) of women until equality came into play. Notice the amount of likes? Unbelievable but true.



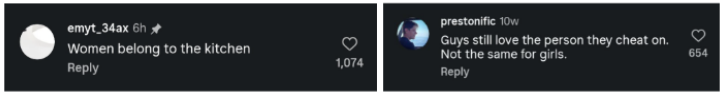
Context: the post was about a 18 year old boy getting arrested for taking pictures with his phone under the skirts of girls and women in public means of transport. People in the comments section? Half of them were men defending him, one even blamed the victims claiming that "they shouldn't wear skirts". Notice the 108 likes in the fourth picture.



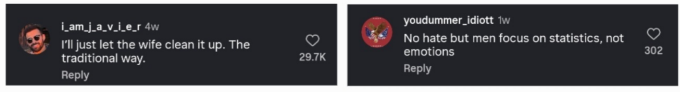
This is how some men and boys react when you simply say that a joke is meant to be funny and not uncomfortable - the example used in the original post was "i like kids under the age of 18" as an example of an inappropriate sentence that should never be used as a joke. And the male users? "No! You hate fun!"... Is a pedophile and inappropriate joke "fun" to you?



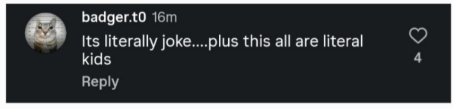
Another person who tried to pull the same move as Myron Gaines, the podcaster we talked about in the opening of the first chapter about history. He is basically telling us he is uneducated without telling us directly.



It will never not be shocking to be how these kinds of comments have so many likes. It really tells us how rotten the "manosphere" is.



The first comment was under a video of a man showing how to shave without making the sink dirty... And of course, some guy had to turn it into a way to be misogynistic. Notice the 29.7K likes?



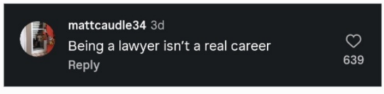
This is a comment I found under a post about some male students getting punished for making a list of girls from their school classifying them as "wife" for the "prettier" ones and "object" and "unrapable". Justifying the perpetrators.

One particular phenomenon that I have noticed the most across social media platforms is surely the downplaying, dismissing or questioning of any achievement done by a woman. A woman could post about finishing law school without any mention of the male sex, and yet you'd find comments from men being mad about it.

Whenever a woman is successful, you can find different types of disgusting comments:

- men saying that the woman has an OF (Only Fans) account without any evidence,
- men saying that her way to success was paid by her parents or someone else,
- men claiming that whatever she is doing is not a "real job/career",

etc…



This year, 2026, a woman named Rachel Entrekin won the Cocodona 250 ultramarathon. She arrived first, among both men and women, in a very hard long distance run. Despite this being an insanely good achievement, some men found excuses to downplay it. "Oh but she slept during it". It is… normal to sleep during such a marathon. Every runner does… She actually even slept less than normal athletes: 19 minutes out of the whole marathon.

As I have said before, social media platforms are surely con-

venient for misogynists, since no one can give them direct, appropriate consequences, so the true scale of how rotten our society is when it comes to how women are treated can be observed right there.

However, let's also not forget the use of AI image generators to literally take the faces of existing women and make nude images out of them, which is a form of violence. You can't convince me otherwise.

4

CONCLUSIONS

I believe that the three chapters I have written so far are enough for a sane and decent person to understand the reasons behind misandry and take down the eventual finger they had pointed towards it for being a form of sexism. Even though this is a pretty short book which cannot truly cover all the aspects f misogyny, since there are just too many, I think that the examples given are quite enough.

Furthermore, I believe that I have made it clear that when we say that "we hate men", we do not mean every single individual male, but men as a system. Therefore, if a man is not enraged by that sentence and actually understands it, he is not a part of the problem.

It is true that while more than 90% of crimes, assaults, abuses and similar actions are done by men, the majority of existing men is definitely not a criminal, rapist or abuser. But I have analyzed a lot of other behaviors, often not illegal, that are misogynistic and unethical, and the men carry them out are actually of a huge amount. There are men who don't rape but

joke about it, there are men who don't joke about it but laugh about it, there are men who don't take any of women's struggles seriously, and some who feel uncomfortable and try to avoid these types of talks, and much more…

All of them are disgusting, not equally disgusting, but still disgusting.

This is not something that we can truly conduct a study on and obtain statistics about, obviously, but we can, by experience and observation, notice how the amount of men *fully supporting equality, understanding our feelings of aversion, understanding every patriarchal root behind how women are often seen and actively calling out misogynistic men around them* is insanely small. That is exactly why some women in social media use the phrase "a top tier man is just an average woman": a far greater part of women understands everything I have talked about, a far greater part of them is a lot more ethical than the majority of men.

If we honestly really think about it, "men-haters" - misandrist women - *are actually the ones who value men the most:* we despise them as a system, we hate every single man who has even an ounce of misogynistic tendencies, but we respect and actually support those rare men who have a sane, compassionate mind. When we say "We hate men" we are not referring to those few good men, and these individuals know it, therefore they do not feel attacked or triggered by that claim.

Whenever I see a man speaking up for women, having that basic human decency that the majority of male individuals does not have, I see so many women like me agreeing with him and supporting him in the comments section, while the majority of male users basically hate on his content and shame him,

accusing him of being performative and a pick-me. Firstly, having human decency and basic empathy does not make someone a pick-me, and the fact that so many men and boys do not understand that tells us a lot about them; secondly, even if he were performative, I actually prefer men who talk against misogyny publicly to have approval than the ones who laugh at and make jokes against women just to be liked by their male friends - and there are many of them.

Misandrists do not want the oppression of men, even though it would theoretically be "right" if we think about cases of mass subjection with the same logic as the "eye for an eye" one: if a person punches me, I punch them back with the same intensity. However, things change when it comes to large groups of people: some men did not actively try to oppress us, some men might joke about misogyny - and need proper punishment for that - but surely not a systematic oppression and abuse. Therefore, when it comes to facts and actions, what we truly promote and fight for is full equality: equality by law for every single woman, equal opportunities, the elimination of any form of sexism against women and stereotypes. Of course, that level of equality will probably never be achieved, but fighting for it will never hurt anyone and will help us take steps towards that hypothetical, optimal situation.

Misandry is about mentality and trust, not about destructive action: we don't trust men, we don't like them generally for what they do and say, and what they have always done.

"Not all men", true, but now I want you to imagine this hypothetical situation: you are given a box with 20 cookies, and you know these things:

- Some of the cookies are poisonous and deadly,

- A good amount of them are poisonous but not deadly, they cause painful sickness,
- The remaining ones are most likely safe.

You do not know exactly how many of the cookies are of each category, and you can't distinguish the cookies before swallowing them.
I am pretty sure you would not grab a cookie and eat it.

The misandrist mindset is what makes people say that there are gender wars in the 21st century, saying that it is wrong. But as it has already been made clear.. there is nothing wrong about misandry. Gender wars shall persist until every single woman in this world is free from oppression, abuse and any social conditioning based on her sex: they are necessary. We can't stay passive.

I would like to conclude this very short book of mine with one final consideration that I have mentioned a few times throughout the chapters:

I do not have a degree in philosophy or sociology. I am no historian or expert in any field. I am nothing more than a 17 years old high school student observing the world around her and getting a proper education. This proves that connecting the dots and truly comprehending the truth is not hard at all, and anyone can do it. If someone like me can look at history and the present world and draw accurate conclusions and observations from it, whoever can't do the same is most likely not incapable, but has deliberately chosen to ignore those problems or not to analyze them at all, in order to diminish the female sex's worth.